

Front Porch News



Lumpkin County Senior Center • 266 Mechanicsville Road • Dahlonega, GA 305033
Telephone 706-864-2358

October, 2010



ONGOING ACTIVITIES

Crafts
Mondays
9:30am

Canasta
Mon & Wed
2:00pm

Silver
Sneakers
Mon, Tues, Fri
9:30am

Bingo
Tues & Fri
9:30am

Pancake
Breakfast
3rd Wed

SS Cardio
Thursdays
3:00pm

Rubber
Bandits
Exercise
Mon & Fri
8:30am

Red Hats
Black Hats

Tinha "Nanny" Anderson

Tinha "Nanny" Anderson was married to James Doc "Bud" Anderson and together raised seven wonderful children. Tinha was born in Fairburn, Georgia and now lives with her son, Jeff in Dahlonega. Tinha was an avid runner for 12 years, winning a medal for 1st place in 50+ 5K. Tinha was involved in mission work traveling to Israel and Haiti doing what she does best...lovin and givin! Tinha has this to say about the Senior Center... *"I just love it. I participate in the SilverSneakers exercise program 3 times a week, walk on the treadmill 5 times a week and as a member of the Red Hat Wild Cats, I and other members are knitting blankets for CASA children. The Senior Center is a blessing... Thank you!"*



Bluegrass & BBQ



Join us on October 29 from 10:30am to 1:00pm. Enjoy the Sunnyside Band and barbeque. Tickets are \$5.00. This is a fundraiser for the seniors. For information, call 706-482-2507.



Welcome New Volunteers, Megan and Lauren Stowers!

Megan and Lauren want to serve the community through the Meals on Wheels program in between studies at NGSCU.

Meals on Wheels Appreciation

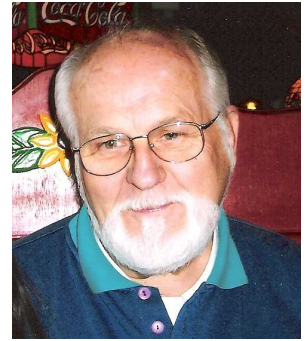
I don't know what I would have done without the kindness and generosity of the MOW program. This is something I don't want to speculate on, it's pretty scary to consider though!!

You see, my luck took a turn for the worse a few years back -- "mostly medical."

First, I was diagnosed with prostate cancer, then after getting over the "BIG C," in a couple of years, I had two strokes, the last one was the worst and most debilitating.

I would think that knowing that, one would understand why I'm so thankful for MOW!!

THANK YOU, THANK YOU!! *Jim Ruggles*



Words to Live By....

What other people think of you is none of your business.



Time heals almost everything. Give time, time.

However good or bad a situation is, it will change.

Don't take yourself so seriously. No one else does.

Believe in miracles.

Don't audit life. Show up and make the most of it now.

Happy Birthday.....

Harriett Carnes, Bob Dowell, Alice Grizzle, Lynn Hand, Skip and Sylvia Klingerman, Bonnie Lingerfelt, Mary Ann Manfra, Leslie Marino, Frank and Trina Pellegrino, Carol Prescott, Evelyn Riddle, Harriett Sanderlin, Leroy Singleton, Nancy Sommers, Evelyn Stalvey, Louis Starnes, Charles Wehunt

